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Spicy Vegetable Stir-fry

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Description

Contributed by [Catsrecipes Y-Group](#)

- Makes 6 servings

Ingredients



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- 1 cup sliced [onion](#)
- ½ cup sliced [red bell pepper](#)

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- 1 cup sliced fresh [mushrooms](#)
- 2 tablespoons Watkin's Spicy Garlic [soy sauce](#), more if desired
- [sunflower seeds](#), if desired



Directions

1. Trim broccoli; cut stalks into slices and break into florets.
2. Heat liquid spice in large skillet.
3. Add broccoli, zucchini, onion, and red pepper; stir fry over medium-high heat 5 minutes or until broccoli is tender-crisp.
4. Add mushrooms; stir fry 1 minute longer or until tender.
5. Stir in soy sauce and top with sunflower seeds.

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